

Vermont Quit Network

Where you're in charge of choosing the options that work for you.

SMOKING AND YOUR HEALTH

Smoking has severe effects on your body and harms most organs.

- Smoking clogs your arteries and narrows your blood vessels. This hurts blood flow, causing many types of problems. Here are some examples:
 - Erectile dysfunction in men (can't get or keep an erection)
 - Skin wrinkling at much younger ages
 - Peripheral vascular disease (blockages in the legs)
 - Strokes (blood flow to part of brain is cut off)
- Even in young adults, smokers' heart rates are up to three beats a minute faster than those who don't smoke.
- The poisons in cigarettes travel in the blood to every part of your body.
- Smoking causes heart disease and sudden cardiac death (the heart stops beating).
- If you smoke, you are more likely to get colds and sore throats, and your body won't be able to fight infections as well as non-smokers.
- Smokers are more likely to get gum disease and lose teeth.
- Smoking harms your eyes and puts you at higher risk of two leading causes of blindness – cataracts and macular degeneration of the retina.

You can breathe and move easier, look better and greatly improve your health. And, the **Vermont Quit Network can help.**



every try counts

1-800-QUIT-NOW (784-8669) vtquitnetwork.org

VERMONT DEPARTMENT OF HEALTH

The **Vermont Quit Network** offers free nicotine replacement therapy – patches, gum or lozenges – to all Vermonters. Delivered to your home for FREE.